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Book review

Sexual and Reproductive Health at a Glance

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In the first edition of *Sexual and Reproductive Health at a Glance*, Catriona Melville provides a comprehensive text that will support students studying towards a qualification in sexual healthcare. The book cover is eye-catching and makes use of an attractive image that is used throughout the text to separate the chapters. The book is divided into four parts: principles of sexual and reproductive health, contraception, sexual health, and finally reproductive health. The book is also complemented by a companion website, where readers will find interactive flashcards and case studies to test their knowledge learned from the text. Each chapter is structured in a clear way with appropriate images, all of which make it easy to navigate. An abbreviations section is also convenient to help enhance the reader's understanding of the key terms.

Part 1: This section covers the fundamentals of sexual and reproductive health. It starts with clear information including sexual history taking, confidentiality and sexual activity in under-16s. It also highlights the complexity of laws governing sexual activity in the UK by reviewing relevant acts and orders.

Part 2: This detailed section provides useful information on the range of contraceptive options available, incorporating a final sub-section on contraception

management for specific client groups. Valuable material around young people, postpartum women and finally contraception and medical conditions will be particularly useful to readers.

Part 3: This section, entitled 'sexual health', presents an interesting and detailed discourse on sexually transmitted infections and syndromic management of conditions such as vaginal discharge. It has clear imagery which supports the written work well. A short section on HIV and contraception may be of particular use to HIV nurses.

Part 4: Finally, this last section on reproductive health presents comprehensive information on abortion, menstrual problems, menopause and sexual problems.

Overall this is an excellent text that would be useful not only to professionals working within sexual health but also to clinicians in general practice, and it is most certainly a pre-reader for anyone about to study sexual health. The book has been recommended for students studying the BSc (Hons) Sexual Health Studies, MSc Sexual Health Studies and other health-related programmes at the reviewers' university.

Melville C.

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